

AQI Categories	Outdoor Air May Cause These Symptoms in <u>Healthy People</u>	Outdoor Air May Cause These Symptoms in <u>Sensitive Groups</u>	Actions to Protect Your Health From Ozone	Actions to Protect Your Health From PM2.5
Good	None	None	None	None
Moderate	A small number of healthy people may experience an infrequent cough.	Unusually sensitive people may experience: <ul style="list-style-type: none"> • Wheezing with otherwise normal breathing • Coughing with deep breath • Discomfort just noticeable on exercise or deep breath • Symptoms lasting less than four hours 	Unusually sensitive people should consider reducing prolonged or heavy outdoor exertion.	Unusually sensitive people should consider reducing prolonged or heavy outdoor exertion.
Unhealthy for Sensitive Groups	Many healthy people may experience the symptom listed above. Approximately 2% of healthy people will experience: <ul style="list-style-type: none"> • Wheezing with otherwise normal breathing • Coughing with deep breath • Discomfort just noticeable on exercise or deep breath • Symptoms lasting less than four hours 	Many members of sensitive groups may experience: <ul style="list-style-type: none"> • Wheezing with otherwise normal breathing • Coughing with deep breath • Discomfort just noticeable on exercise or deep breath • Symptoms lasting less than four hours 	The following groups should reduce prolonged or heavy outdoor exertion: <ul style="list-style-type: none"> • People with lung disease, such as asthma • Children and older adults • People who are active outdoors 	The following groups should reduce prolonged or heavy outdoor exertion: <ul style="list-style-type: none"> • People with heart or lung disease • Children and older adults Everyone else should limit prolonged or heavy outdoor exertion.
Unhealthy	Many healthy people may experience the symptoms listed above. Approximately 5% of healthy people will experience: <ul style="list-style-type: none"> • Wheezing with shortness of breath • Frequent spontaneous coughing • Marked discomfort on exercise or deep breath • Symptoms lasting more than four and up to 24 hours 	Many members of sensitive groups may experience: <ul style="list-style-type: none"> • Wheezing with shortness of breath • Frequent spontaneous coughing • Marked discomfort on exercise or deep breath • Symptoms lasting more than four and up to 24 hours 	The following groups should avoid prolonged or heavy outdoor exertion: <ul style="list-style-type: none"> • People with lung disease, such as asthma • Children and older adults • People who are active outdoors Everyone else should limit prolonged outdoor exertion.	The following groups should avoid all physical outdoor exertion: <ul style="list-style-type: none"> • People with heart or lung disease • Children and older adults Everyone else should avoid prolonged or heavy exertion.
Very Unhealthy	Many healthy people may experience the symptoms listed above. Approximately 10-15 % of healthy people will experience: <ul style="list-style-type: none"> • Persistent wheezing with shortness of breath • Persistent uncontrollable cough • Severe discomfort on exercise or deep breath • Symptoms lasting more than 24 hours 	Members of sensitive groups can expect to experience: <ul style="list-style-type: none"> • Persistent wheezing with shortness of breath • Persistent uncontrollable coughing • Severe discomfort on exercise or deep breath • Symptoms lasting more than 24 hour This level of air quality will likely lead to increased medication usage, increased emergency room and clinic visits, and increased hospital admissions for these groups.	The following groups should avoid all outdoor exertion: <ul style="list-style-type: none"> • People with lung disease, such as asthma • Children and older adults • People who are active outdoors Everyone else should limit outdoor exertion.	The following groups should remain indoors and keep activity levels low: <ul style="list-style-type: none"> • People with heart or lung disease • Children and older adults Everyone else should avoid all physical activity outdoors.
Hazardous	Many healthy people can expect to experience: <ul style="list-style-type: none"> • Persistent wheezing with shortness of breath • Persistent uncontrollable cough • Severe discomfort on exercise or deep breath • Symptoms lasting more than 24 hours 	Members of sensitive groups will experience the symptoms/outcomes listed above. Should air quality reach this level, it will trigger health warnings of emergency conditions.	Everyone should try to stay indoors and limit their physical activity. Close windows and doors. If windows and doors cannot be shut, consider leaving the area until air quality improves.	Everyone should try to stay indoors and limit their physical activity. Close windows and doors. If windows and doors cannot be shut, consider leaving the area until air quality improves.